



# Inside the Mind of a Formula One Driver: The Mindset of a Grand Prix Champion

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## **Inside the Mind of a Formula One Driver: The Mindset of a Grand Prix Champion** craig lock

A look into the "top two inches" of the fastest drivers on planet earth THE MINDSET OF A GRAND PRIX CHAMPION "A lot of people go through life doing things badly. Racing's important to men who do it well. When you're racing, it's life. Anything that happens before or after is just waiting." - Steve McQueen in the film 'Le Mans' (1971) "The car is an extension of your mind, when you're really hooked up" - The words of Martin Brundle, former F1 driver and Grand Prix commentator "A champion is not a title, but a set of qualities: Champions aren't made in the gym. Champions are made from something they have deep inside them - an inner flame that burns brightly...with dedication, purpose, desire and passion. True champions LIVE the dream, the vision of who and what they can one day become.... even a long time before it happens." - me This "work", a "true labour of love by a petrol-head" is a collection of Craig's articles on motor racing and the power of the mind to achieve peak performance... in sport and in life.

<http://www.abinesh.com>. Category/Tags (key words) Motor racing, Formula One, great Grand Prix drivers, racing drivers, champion drivers, Grand Prix drivers, Grand Prix champions, Formula One champions/drivers, tribute, elite performance, champion, champions, Ayrton Senna, Senna Quotes, Inspirational quotes, words of empowerment and inspiration (enough there for now, craig), Dedication For dearest dad and 'my pal', another 'champion' - see the dream never died... it's just taken another course! craig "Sometimes you have to give up the life you had planned... in order to live the life you were really meant to live." \* Contents: PROLOGUE: A DRIVER AND A DREAMER Chapter: 1. Inside The Mind of a Moto Grand Prix Rider, Valentino Rossi ('Endless Possibilities, New Horizons') 2 Sharing Some Quotes from the "late, great" Ayrton Senna 3 THE GRAND PRIX DRIVER 4 Jim Clark: The Most Naturally Gifted Formula One Driver of All Time? 5 OVERDRIVE: Formula One In The Zone – A BOOK “REVIEW 6 A "Book Review": 'The Death of Ayrton Senna' (by Richard Williams) 7 The Mind of a Great Racing Driver: An Interview with Ayrton Senna... perhaps the Fastest and Greatest Grand Prix Racer of Them All! 8 Formula One: Sharing Some Quotes by the Great Grand Prix Drivers 9 A Review" of the Book 'Bounce': How Champions are Made (by Matthew Sayed) 10 The Key Elements of Determination and Self Discipline on the Pathway to Success (from 'The Winning Mind') 11 A "Review" of the Book 'Bounce': How Champions are Made (by Matthew Sayed) 12 The Principles of Success: 'The Winning Edge' 13 MindGames: "The Winning Edge" (from 'The Winning Mind and Endless Possibilities, Far and Great Horizons') 14 : Determination - the Key to Success in Sport and in Life (from 'Steps to Success, Prosperity and Happiness' and 'The Winning Mind') 15 It's All up To YOU (from 'Endless Possibilities, Far and Great Horizons') 16 The Traits (Qualities) of a True Champion (from 'The Winning Mind', 'The Winning Edge' and 'Endless Possibilities, Far and Great Horizons') 17 Who and What is a True Champion? \* 18 The Mind-set and Spirit of a Champion APPENDIX Sport for Peace

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